

PRE-TEAM

BE ON TIME FOR SCHEDULED PRACTICE

SWIMMERS AND PARENTS—THE FOLLOWING WILL GIVE YOU SOME BASIC AND EXPECTED GUIDELINES FOR THE GROUP YOU ARE IN AS WE BEGIN THE 2010-2011 SWIMMING SEASON---AS YOU READ THERE WILL BE SPECIFIC AREAS THAT NEED TO BE ADDRESSED BEFORE YOU CAN MOVE UP TO THE NEXT LEVEL WITHIN DONNER SWIM CLUB----ALL RELAY CUTS WILL NEED TO BE REMADE EACH SEASON IN ORDER TO TAKE A RELAY TO THE STATE CHAMPIONSHIPS----HOPEFULLY THIS WILL ANSWER SOME OF YOUR QUESTIONS OR PERHAPS STIR UP SOME NEW ONES.

1-ALL CHILDREN MUST BE COVERED UP IF CHANGING OUTSIDE OF THE LOCKER ROOM AREA

2-NO FOOD NEAR THE POOL—TEACHERS OR SWIMMERS AND PARENTS

3-TEACHERS WILL BE IN THE WATER WITHIN 10 MINUTES OF THE START TIME

4-THE TEACHERS WILL EXPLAIN TO THEIR GROUP ABOUT SWIM MEETS AND PARTICIPATION

5-PRE-TEAM IS A TECHNIQUE SESSIONS ONLY NOT A WORKOUT

6-DURING KICK SETS —TEACHERS WILL BE KICKING WITH THEIR GROUP AND MAKING CORRECTIONS ON THE GO

7-REPEAT REPEAT REPEAT
FACE IN
BREATH CONTROL
KICK FOOT CONTROL ALL 4 STROKES
STREAMLINES
ETC.

8-GIRLS MUST WEAR A CAP

9-MUST BE ABLE TO SWIM A 25 OF EACH FREE BREAST BACK
FLY IN ORDER TO MOVE TO DEVELOPMENTAL

10-PARENTS MUST WORK 2 SESSIONS AT ALL HOME MEETS